

Multi-Inflammatory Syndrome in Children (MIS-C)

This is an informational handout to assist families and child care providers in learning more about Multi-Inflammatory Syndrome in Children (MIS-C). While MIS-C is still considered rare, parents/guardians/child care providers should seek medical attention whenever in doubt. This handout was compiled with information from the Centers for Disease Control (CDC) and Children's Hospital Los Angeles and other public resources. Links to these sources are also provided.

From the Centers for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/mis-c.html>

What we know about MIS-C

[Multisystem inflammatory syndrome in children \(MIS-C\)](#) is a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs. We do not yet know what causes MIS-C. However, we know that many children with MIS-C had the virus that causes [COVID-19](#), or had been around someone with COVID-19. MIS-C can be serious, even deadly, but most children who were diagnosed with this condition have gotten better with medical care.

What to do if you think your child is sick with MIS-C

Contact your child's doctor, nurse, or clinic right away if your child is showing **symptoms of MIS-C:**

- Fever
- Abdominal pain
- Vomiting
- Diarrhea
- Neck pain
- Rash
- Bloodshot eyes
- Feeling extra tired

Be aware that not all children will have all the same symptoms.

Seek emergency care right away if the child is showing any of these **emergency warning signs of MIS-C** or other concerning signs:

- Trouble breathing
- Pain or pressure in the chest that does not go away

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- New confusion
- Inability to wake or stay awake
- Bluish lips or face
- Severe abdominal pain

From Children's Hospital Los Angeles:

- A Health Alert was issued by New York City that described a syndrome similar to Kawasaki Disease
- This syndrome started to appear a few weeks after Covid-19
- Symptoms include
 - Persistent fever
 - Toxic shock
 - Coronary artery aneurysms
 - Systemic inflammation
 - Abdominal symptoms
 - Rash
 - Red eyes
 - Redness and swelling of hands and/or feet
 - Low blood pressure

In addition to the symptoms above, there can also be mental status changes such as headache, lethargy, and irritability.

Laboratory tests will be needed (Covid-19, Echocardiograph, urine, blood, etc.) in order to determine treatment. Over 80% of cases are in children under age 5 years. Cases may require cardio-respiratory support. With medical care, the prognosis is generally good.

Additional Resources

Stanford Children's Health: <https://healthier.stanfordchildrens.org/en/inflammatory-syndrome-and-covid-19/>

New York City Department of Education: <https://www.schools.nyc.gov/school-life/health-and-wellness/coronavirus-update/misc>

Healthy Children.Org- American Academy of Pediatricians
https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/covid_inflammatory_condition.aspx

Boston Children's Hospital: <http://www.childrenshospital.org/conditions-and-treatments/conditions/m/mis-c>

Children's Hospital Colorado: <https://www.childrenscolorado.org/about/news/2020/may-2020/multisystem-inflammatory-syndrome-in-children/>

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